



**Dec. 28, 2015**

# Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at [www.usagria.army.mil](http://www.usagria.army.mil) under "News" and then "Local News."

**Island Insight Submission:** [www.usagria.army.mil/News/II.aspx](http://www.usagria.army.mil/News/II.aspx)

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## Army Audit Agency Named Among Best Places to Work In 2015

For the sixth straight year, the U.S. Army Audit Agency, or USAAA, has placed among the top five subcomponent agencies in the rankings of the best places to work in the federal government. In the 2015 Partnership for Public Service's annual rankings, USAAA placed 3rd among 320 subcomponent organizations based upon overall employee satisfaction and commitment, as well as workplace issues such as teamwork and work-life balance. The rankings reflect the views of more than 433,000 civil servants throughout the federal government and offer a comprehensive assessment of how workers view their jobs and workplace. "This award says a lot of things about USAAA," said Auditor General Randy Exley, who has more than 44 years of audit experience, including two years as an Army enlisted auditor. "First, we have a really great mission of taking care of Soldiers, civilians and Families and



## Upcoming Dates

- Jan. 1:** New Year's Day (*Federal Holiday*)
- Jan. 4:** CYSS Summer Day Camp Registration Opens, Bldg. 150
- Jan. 6:** Military Singles & Geo-Bachelors Dinner, USO Spaces, Bldg. 110, 4:30 p.m.
- Jan. 8:** End of year donation deadline to CPAC
- Jan. 13:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- Jan. 18:** Martin Luther King, Jr. Day (*Federal Holiday*)
- Jan. 19:** Dr. Martin Luther King Jr. Observance, Heritage Hall, Bldg. 60, 1 p.m.
- Jan. 20:** RIAWC Declutter Your Life Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Jan. 21:** RIA DeCA, AAFES and FMWR Advisory Council Meeting, Bldg. 90, Rm. 25, 1 p.m.
- Jan. 25-29:** DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. - 3:40 p.m.
- Jan. 28:** Council of Colonels, Arsenal Island Clubhouse, 11:30 a.m.
- Jan. 28:** Newcomer's Orientation and Tour, Arsenal Island Clubhouse, 8 a.m.
- Jan. 30:** Self Defense Seminar, RIA Fitness Center, 9 a.m.
- Feb. 2:** Groundhog Day
- Feb. 5:** Advanced Résumé Class, ACS Training Room, Bldg. 110, 1:30 p.m.
- Feb. 7:** Super Bowl Party, Lock and Dam Lounge, Bldg. 60, TBD
- Feb. 9:** Mardi Gras/Fat Tuesday

doing what we do benefits them all and protects the freedom of the nation," ([More](#))

### **Agencies Directed To Use Social Media in Security Clearance Reviews**

The Director of National Intelligence will soon ask agencies to use additional sources of information when periodically reviewing their security clearance holders, according to a provision slipped into the 2016 omnibus spending bill. The legislation creates an enhanced personnel security program, which requires that agencies develop a plan for investigating existing clearance holders, under the direction of the Director of National Intelligence (DNI). Those reinvestigations must happen at least twice every five years. "The enhanced personnel security program of an agency shall integrate relevant and appropriate information from various sources, including government, publicly available and commercial data sources, consumer reporting agencies, social media and such other sources as determined by the Director of National Intelligence," the bill states. ([More](#))



### **Historic Clock Tower Building and Eagle Watch Tours**

The U.S. Army Corps of Engineers, Rock Island District's Mississippi River Visitor Center at Locks and Dam 15 on Arsenal Island is offering free eagle watches and Clock Tower Building tours select weekends in **January and February** at 9:30-11 a.m. and 2-3:30 p.m. The tours will last approximately 1½ hours and will be guided by a Corps Park Ranger. Learn about the Historic Clock Tower Building as you climb the stairs to the top. Waiting there is a spectacular view of the Mississippi River where you will have the opportunity to see Bald Eagles who visit the area during the cold winter months. The tours will begin at the Mississippi River Visitor Center, located on the western end of Arsenal Island at Locks and Dam 15. You must check in with the ranger staff upstairs in the Visitor Center when you arrive for the tour. The tour is outside for a short duration of time so plan and dress accordingly; good walking shoes are also recommended as the tour will involve walking up 12 flights of stairs at a moderate pace. The tours are free of charge and everyone is invited to attend. An adult must accompany children younger than 12 years of age. Space is limited and reservations are required by calling 309-794-5338. Visit <http://go.usa.gov/c9AZF> for more information.



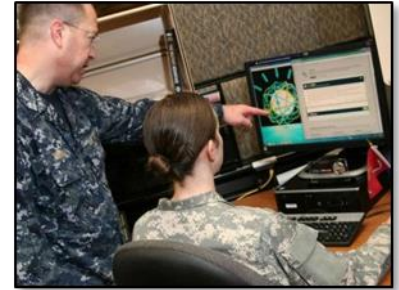
### **Open Season Choices Take Effect**

Insurance elections made during the recent benefits open season also take effect in January—as of the first of the month for retirees and as of the start of the first full pay period of the month for active employees. Rates will reflect the new premiums in each plan, and changes in plans or changes in options elected under the FEHB and FEDVIP programs—and for active employees, new enrollments in the FEHB and in the flexible spending account program (FSA) elections are effective as of January 1). Retirees are ineligible for FSAs and generally may not newly enroll in the FEHB, although they may newly enroll in FEDVIP. During February, active employees will have a further opportunity in what is called a special enrollment period—technically, not an open season—to downgrade from family to self plus one coverage within their FEHB plan. That is the only type of election that will be allowed. About 600,000 open season enrollment changes were made in last fall's open season, exceeding the previous record of 430,000 in the prior year, an increase largely due to the addition of the self plus one option. Also, certain premium rates are changing in the FEGLI life insurance program effective with the start of the year.



## Report: DoD Needs Big Cuts In Civilian, Contract Spending In Next Budget

The Department of Defense has been following a congressional directive to reduce spending on civilian and contract employees, the department told the Government Accountability Office. However, GAO investigators say they can't find the data to back this up. ⚡ "At a time when the entire federal government is facing fiscal challenges that are likely to continue, DoD must plan strategically for reductions to its civilian and contractor workforces to achieve savings," the GAO report concludes. "Fully meeting all of the requirements of [the NDAA provision] would be a step in the right direction in this regard and would provide Congress with assurance that the department is making progress." ([More](#))

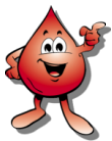


## Daily Dining in Bldg. 60

Effective Nov. 2 seating for daily dining in Bldg. 60 has been temporarily moved to the room west of the food court through the double doors, while the Caisson room is being expanded and remodeled to give patrons a pleasant dining atmosphere. Questions, please call 309-782-5890.

## Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Jan. 8-15, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **6:30 p.m. on Jan. 15**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **2:15 a.m. on Feb. 11 & 25**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor.



***Charlie Corpuscle says, "Each week, Jan. 8 and Jan. 15, we will hold a drawing for a pair of vouchers to the Putnam Museum's National Geographic Giant Screen Theatre. The vouchers are good for admission to any film playing at the Putnam between now and Nov. 30. In addition, we are proud to introduce our "New Year, New You" promotion to our donors. It's a great opportunity for donors to win some very nice gift cards of \$100, \$250, \$500, or \$1,000."***

**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**

## VIOS Schedule for January and February

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Jan. 25, 26, 27, 28, and 29**; and **Feb. 22, 23, 24, 25, and 26**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally.

Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

### **AbilityOne® Base Supply Center on Arsenal Island Undergoing Name Change**

Starting **Jan. 1**, PaperclipsEtc.com will become bscsource.com, a re-designed website and improved shopping experience that will retain your account information, saved carts and other features you use and love. Why change? The bscsource.com name reflects the mission of the AbilityOne Base Supply Center (BSC) program: offering employment opportunities for people who are blind or visually impaired. Our PaperclipsEtc physical stores, owned and operated by Winston-Salem Industries for the Blind, will officially take the AbilityOne® BSC name **Jan. 1** as well. Our name change reflects an entire new team of procurement specialists connected to a huge network of vendors. We can design custom processes and features to ensure you have what you need, when you need it. Your purchases provide jobs for people who are blind or visually impaired. Base Supply Center Stores, formerly known as Paperclips Etc. stores, and bscsource.com are operated by Winston-Salem Industries for the Blind. We are your on-site location for a wide range of AbilityOne® Procurement List products and other commercial products.

### **End of Year Donations**

For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete Statement of Leave Donor (RIA form 690-43) or OPM form 630a and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Jan. 8**. Donations received after **Jan. 8**, will be posted to leave year 2016. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. POC: Janine Couppee may be reached at PECH-NCR-E, 309-782-1278.

### **It's Time to Declutter Your Life 2016**

Join us on Wednesday, **Jan. 20**, 11 a.m. - 1 p.m., in the Arsenal Island Clubhouse, to learn valuable insight into how to declutter your life. Guest speaker Denise Wassenhove from "Lean on Me - Organizing with Heart" was started in 2011 with the mission to help others stay focused on what matters and to realize the power and sense of accomplishment of staying organized in life. RSVP by email at [riawcreservations@gmail.com](mailto:riawcreservations@gmail.com) or call/text to 309-230-3705 no later than Friday, **Jan. 15**. Cost is \$16 per meal; \$20 meal includes opportunity tickets, \$17 if you pay with debit/credit card [online](#); \$21 for meal deal with debit/credit card [online](#). ([Flyer](#))

### **Fish Fry and More Every Friday**

American Legion Post 1233, 312 Broadway Street, Colona, Ill., is having a fish fry every Friday evening from 5 to 8 p.m. Come enjoy a variety of entrees from steak sandwiches, fish and chicken dinners, to sides and hors d'oeuvres; very reasonably priced. Proceeds go to veterans; their families; and other veteran organizations. For more information, call Anna DeFrieze at 309-792-8934. Note: **Jan. 1** no food served.

### **Career Program 34 101 Outreach Briefing**

Career Program 34 (Information Technology Management) will provide an outreach briefing to the CP-34 workforce at Rock Island Arsenal on Friday, **Jan. 22**, at the Arsenal Island Golf Course



Clubhouse Ballroom, 9-10 a.m. Career Program 34 provides career management, education and training to the Army civilian IT/cyber workforce.

### **Wounded Warrior J.R. Martinez to Speak in the Quad Cities**

Vera French Community Mental Health Center will be having several educational events the week of **Feb. 15-20** to increase community awareness of the challenges of mental illness and the need for community support for the services provided by the Vera French Community Mental Health Center. This year they have the honor of presenting wounded U.S. Army veteran, J.R. Martinez as their signature inspirational speaker on Saturday, **Feb. 20**, at 7 p.m., at the Bettendorf High School Performing Arts Center. J.R. Martinez was wounded in Karbala, Iraq, April 5, 2003, by a roadside bomb that burned more than 34 percent of his body. ([More](#))

### **Arsenal Island Employee Local Discounts**

*The following discounts are exclusively available to Arsenal Island employees —* **Infinity Salon & Spa:** Located at 220 W 3<sup>rd</sup> St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **The Venue:** Located at 1405 5<sup>th</sup> Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18<sup>th</sup> Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3<sup>rd</sup> St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



### **Rock Island Viaduct Sidewalk Closed to Pedestrians**

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

## Building/Space Closures



### Elevator Closure Bldg. 62, East Wing Extended

The passenger elevator in Bldg. 62, SE Corner, has been shut down to all access to the first floor in support of building repair work at the elevator access point on 1<sup>st</sup> floor. That work, which was scheduled to be complete by COB **Dec. 30**, has had unforeseen issues and the scheduled completion date will not be made. Please extend the closure dates to include **Thursday, Dec. 31 through Wednesday, Jan. 6**. The elevator will be ready for normal use and access starting at 5 a.m. on **Thursday, Jan. 7**.

## Active Duty/Reserve Zone



### Defense Department Proposes UCMJ Changes

Following a two-year review of the Uniform Code of Military Justice, the Defense Department today forwarded to Congress a legislative proposal outlining a number of reforms. The UCMJ is the statutory framework of the military justice system, according to a news release announcing the proposed changes. The proposal is based on the recommendations of the Military Justice Review Group, which conducted a detailed analysis of each article of the UCMJ, including the historical background of the UCMJ, current practice, and comparison to federal civilian law. In October 2013, then-Defense Secretary Chuck Hagel, in response to a request from the senior uniformed leadership, directed the review of the UCMJ and its implementation in the Manual for Courts-Martial, the release said. Hagel also directed the review to consider the recommendations of a separate, congressionally-established panel that examined the systems used to investigate, prosecute and adjudicate adult sexual assault and related offenses in the military. Each of the military services detailed military personnel to serve as members of the Military Justice Review Group. Andrew S. Effron, former chief judge of the United States Court of Appeals for the Armed Forces, serves as director of the MJRG. "The services assigned a highly talented group of individuals to the MJRG," Effron said. "Their comprehensive recommendations will contribute to the positive evolution of the military justice system." ([More](#))

### Army Needs Volunteers to Eat Only MREs for 21 Days Straight

Three weeks, nothing but MREs. It's not a far-flung mission, nor is it a lost wager — it's how Army researchers hope to discover how new knowledge of the digestive process could improve future Meals, Ready-to-Eat. The work could even help protect soldiers from sickness while deployed. Here's what you need to know about the ongoing study, run by the Army Research Institute of Environmental Medicine's military nutrition division: ([More](#))

### Military Singles & Geo-Bachelors Dinner

There will be a Military Singles & Geo-Bachelors Dinner on Tuesday, **Jan. 6**, in the USO spaces, Bldg. 110. This month's menu items include turkey & veggie soup, cheeseburger soup, bread,

garden salad, fruit, and dessert surprise. All ranks, all branches, are welcome. Please RSVP to [Jackie Inman](#), 309-782-3896.

## Safety Spotlight



ARMY SAFE  
IS ARMY STRONG



### Holiday Season Safety Message 2015

Over the coming weeks, our Nation will celebrate a variety of holidays that demonstrate the freedoms, diversity, and values that we, as part of the Department of Defense, work to protect. As we gather with our Families and friends this holiday season to honor traditions, reflect on the challenges and successes of 2015, and look with hope to 2016, please keep in mind the many Families with an empty seat at their table. Being part of the Army Family has inherent sacrifices, and it is especially important to remember those Families and their deployed loved ones during the holidays. The holidays are a time for joyous celebration. However, the holidays can be a difficult time for some people. To this end, take some downtime with your Families, yet remain vigilant. I ask that you continue caring for one another. If you notice a change in someone's behavior, please ask clarifying questions, care for them, and if needed, accompany them to get help. If you notice suspicious activity, report that to the appropriate law enforcement agency. If you are planning to drive long distances, ensure that you have considered the risks using the Travel Risk Planning System (TRiPS). Use your seatbelt when driving. If you plan to consume alcohol, plan for alternate transportation - do not drink and drive. Fatigue is often a risk factor contributing to serious motor vehicle accidents. Ensure you are getting adequate sleep as well as nutrition and exercise. Learn more about the Performance Triad at the following link:

<http://armymedicine.mil/Pages/performance-triad.aspx>. Although vehicle operations typically are our highest risk factors during the holidays, there are other risks as well: avoid falls by using ladders properly when hanging decorations; keep live Christmas trees well watered; never leave burning candles unattended, and avoid electrical accidents by not overloading wiring and following manufacturer's directions. There are two noteworthy websites that address cold weather injury prevention and the "Ready...or Not?" 2015 Fall/Winter Safety Campaign to help manage risks when planning your winter activities and holiday travels:

<http://phc.amedd.army.mil/topics/discond/cip/Pages/default.aspx>, and

<https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/AutumnWinter2015-16.aspx>. CSM

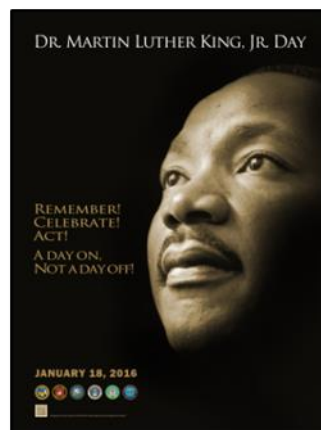
Eckert and I wish everyone a safe and joyous holiday season. Let us all strive to make this holiday season accident-free and continue to practice the basic principles of safety throughout the coming year. Please continue to make us "Army Safe and Army Strong." Serving to Heal...Honored to Serve! ([More](#))

# Equal Employment Opportunity Focus



## RIA Dr. Martin Luther King Jr. Observance

The Arsenal Island community is invited to the Rock Island Arsenal Dr. Martin Luther King Jr. observance on **Tuesday, Jan. 19**, in Heritage Hall, Bldg. 60, 1-2 p.m., featuring guest speaker Patti Miller, a civil rights veteran. The event is hosted by the First Army Equal Opportunity Office. Miller was born in Algona, Iowa, in 1943. As a student at Drake University in 1964, she went to Mississippi as a civil rights worker in the Freedom Summer for Voting Rights. Just two days after she arrived, the news broke that three civil rights workers—James Chaney, Andrew Goodman, and Michael Schwerner—had been murdered. After college, she worked with the Southern Christian Leadership Conference in Chicago, organizing students to support fair housing practices. In her position with the SCLC, she worked closely with Dr. Martin Luther King Jr. She later worked as a teacher in a majority-black school in Chicago. Since her activist days, Miller has produced a documentary and a book on her experiences with the civil rights movement, and she regularly speaks to groups in Iowa about her experiences. Interested individuals can sign up in [TEDs](#), keyword "Martin." For additional information or accommodations please contact Sgt. First Class Jose Vazquez, First Army, EOA, 309-782-9761; or Sgt. First Class Marion Wilson, ASC, EOA, 309-782-3021.



# Morale, Welfare & Recreation



## Morale, Welfare & Recreation (MWR)

Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs.

### MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "**stop**" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



### Now Accepting Submissions

Are you a photography enthusiast? Do you think you've taken the perfect shot? We want you to share your favorite moments and adventures with us by entering the 2015 U.S. Army Digital



Photography Contest. Contest closes Thursday, **Dec 31**. Find out how to enter:  
[www.armymwr.com/digital-photo.aspx](http://www.armymwr.com/digital-photo.aspx)

## MWR Leisure Travel Office



### Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

### Leisure Travel Office Discounts for Shows in January & February 2016

Visit Leisure Travel in Bldg. 333 (next to the Exchange) to save money on some great shows coming to the Quad Cities in early 2016 including:

- **Jan. 9:** Harlem Globetrotters at the iWireless Center
- **Jan. 22-23:** World's Toughest Rodeo at the iWireless Center
- **Feb. 20:** Phantom at Circa 21 Dinner Playhouse

Check out the flyers for [Harlem Globetrotters](#), [World's Toughest Rodeo](#), [Phantom](#), or call Leisure Travel at 309-782-5890 for more info and to reserve your discount tickets.

### Snowstar Winter Sports Park, Snow Tubing Outing

Gather the kids and kids at heart and join Outdoor Recreation at Snowstar for a fun evening of tubing Friday, **Jan. 22**, 5-9 pm. Cost is \$15/person which includes tube rental and lift ticket. Transportation to Snowstar is not included, participants will meet at Snowstar. Pre-registration & payment is required by **Jan. 13**. Call 309-782-8631 or stop by Outdoor Rec. in Bldg. 333 (next to the Exchange) for more info and to reserve your spots. ([Flyer](#))

### World's Toughest Rodeo

The World's Toughest Rodeo also opens the arena nightly for the free Preshow as we invite fans to "get down in the dirt." It's a FANtastic opportunity to go out west for the night with interactive activities for all ages including pony rides, all access meet and greet with cowboys and entertainers, autographs and photos, sit on midnight the bull in the bucking chutes, or get up close and personal with the World's Toughest Rodeo animal superstars as our staff host a behind the chutes tour. The sidewalk ends and the Wild West begins with more fun and free for all ages.

Leisure Travel has discounted seats on sale until **Jan. 18**.

Event Date: **Jan. 22-23**

Event Time: **7:30 p.m.**

### Circa 21: Presents Phantom

A timeless tale. A haunting score. A stunning production. The mesmerizing Phantom is a sensation that enraptures with beautiful songs and characters more richly developed than in any other version, including the original novel. The story traces the obsession of the disfigured composer who falls in love with his protégé only to be undone by his passion. A theatrical rendition of Gaston Leroux's classic novel. Leisure Travel has discounted seats on sale until Tuesday, **Feb. 2**. All seats are \$46.

### **A Timeless Tale. A Haunting Score. A Stunning Production.**

The mesmerizing phantom is a sensation that enraptures with beautiful songs and characters more richly developed than in any other version, including the original novel. The story traces the obsession of the disfigured composer who falls in love with his protégé only to be undone by his passion. A theatrical rendition of Gaston Leroux's novel. Seats are \$46 and on sale until **Feb. 2**.

Event Date: **Saturday, Feb. 20**

Event Time: **5:45-9 p.m.**

### **Star Trek: The Ultimate Voyage Concert Tour 2016**

This lavish production includes an impressive live symphony orchestra and international special solo instruments. People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise including music from Star Trek: The Original Series, Star Trek: The Motion Picture, Star Trek II: The Wrath of Khan, Star Trek IV: The Voyage Home, Star Trek: Insurrection, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager and much more. This never-before-seen concert event is perfect for music lovers, filmgoers, science-fiction fans and anyone looking for an exciting and unique concert experience. MWR Leisure Travel has discounted seats on sale now. Stop by the office located in Bldg. 333 or call 309-782-5890.

Date: **Friday, March 22**

Time: **7 p.m.**

## **Child, Youth & School Services**



### **Summer Day Camp Registration Opens**

Although winter is not even officially here yet, we are busy preparing another awesome Summer Day Camp program for 2016. Parents, please check with Parent Central Services at 309-782-0791 to make sure that your registration is current for your children and mark Monday, **Jan. 4**, on your calendars as the day that applications for the 2016 Summer Day Camp program are available for pick-up. Call the School Age Center at 309-782-7544 for more info. ([Flyer](#))



### **Covenant Cottage Child Development Home**

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

# Army Community Service



ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

# Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

## National Drunk and Drugged Driving (3D) Prevention Month

The month of December is National Drunk and Drugged Driving (3D) Prevention Month. According to the Center for Disease Control, everyday 36 people in the United States die and approximately 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver. This holiday season, don't put your life, or anyone else's life on the line. Be smart and be responsible. If you are going to drink, don't drive. If you are going to drive, don't drink. Don't allow one bad decision haunt you for the rest of your life.



## Keep Your Mental Health in Check During the Holidays – December 2015

Another year will soon be coming to a close, but not without the big rush of the holiday season. Relatives to visit, meals to prepare, presents to buy... whether it is the most joyous time of year is up for debate, but it might certainly be the busiest. The holiday season is a happy time for many; however, the stress of the season may exacerbate existing problems. Strained family relationships may be harder to tolerate, financial pressures more troubling, an already hectic schedule pushed to the brink. Depression, anxiety, and other mental health concerns can also be aggravated during the holidays. If you were feeling down or anxious before the holiday season, now you might feel even more worried or isolated. Some good times with friends and family may be all you need to feel better, but if you find you haven't felt like yourself for more than a week or two, something more serious may be going on. To help you identify if your holiday stress or blues could be a sign of an underlying mental health condition, contact the Rock Island Arsenal Employee Assistance Program at 309-782-4357 to schedule an appointment. The EAP is located in Bldg. 56, Room 104. All services are confidential and offered at no cost.

## Martin Luther King Day of Service – January 2016

Beat the post-holiday blues this month by helping your community and yourself. The Martin Luther King Day of Service on **Jan. 18** offers you the opportunity to spend a day helping your community

in a direct way. The social connection and sense of shared purpose that one gains from community service can often help one feel better. However, if you haven't been feeling well lately and nothing seems to help, consider scheduling a free, confidential counseling session offered by the Rock Island Arsenal Employee Assistance Program. Master-level counselors provide short-term counseling and referral assistance. Call the EAP at 309-782-4357 to schedule an appointment. The EAP is located in Bldg. 56, 1<sup>st</sup> Floor. Appointments are available from 7:30 a.m. until 5 p.m., Monday through Friday. You can also access an anonymous mental health screening at [www.militarymentalhealth.org](http://www.militarymentalhealth.org). The Rock Island Arsenal EAP hopes you have a great start to the New Year. If you would like to learn more about the Martin Luther King Day of Service please visit [www.mlkday.gov](http://www.mlkday.gov).

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## Education/Training Review



**The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)**

### **Change in Law Ends Reserve Tuition Program**

Students already enrolled in courses through the Reserve Educational Assistance Program will see no disruption in their tuition payments — but they'll have to turn out the lights after classes end. That's because REAP officials won't be accepting new enrollments. The 2016 Defense Authorization Act signed into law in before Thanksgiving ended the program, leaving only a four-year window for current participants to finish their degree programs. REAP was created to provide education benefits to National Guard and reserve members who spent time on active duty but were not eligible for traditional GI Bill offerings. Nearly 14,000 veterans used REAP funds to attend college classes in fiscal 2014, at a cost of \$56 million. But the program is considered redundant now in light of the Post-9/11 GI Bill, which offers education benefits to most troops who spent any time on active duty after September 2001. ([More](#))

### **Rock Island Arsenal Welcome Club Scholarship Applications**

Rock Island Arsenal Welcome Club Scholarship Applications are now available. Applications can be picked up at the Arsenal Attic Thrift Shop, Bldg. 60 basement; or the Education Center, Bldg. 56. You can also [access the applications online here](#). The applications list the specific eligibility requirements for applicants. Please note that all RIA active duty military, civilians, and contractors, and all of their dependents, are eligible to apply, as well as those who regularly volunteer on the Arsenal. Please email RIAWC Scholarship Chair Nicole Kirschmann at [RIAWCScholarships@yahoo.com](mailto:RIAWCScholarships@yahoo.com) with any questions.

### **Area Schools to Visit RIA**

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **March 17**, and **June 16**; • Black Hawk College, **Jan. 14**, **April 14**, and **July 14**; •



Eastern Iowa Community College, **Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7**; • Kaplan University, **Feb. 18, May 19, and Aug. 18**; • Saint Ambrose University, **Jan. 21, April 21, and July 21**; • Trinity College of Nursing & Health Sciences, **Jan. 28, April 28, and July 28**; • University of Dubuque, **Feb. 11, May 26, and Aug. 11**; and • Upper Iowa University, **March 10, and June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

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## Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))



## Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

### This Week in Rock Island Arsenal History – Dec. 28-Jan. 3

Automotive Section established in Shop M, Bldg. 220, in January 1919. By Jan. 3, 1880, the rolling mill in Shop F, with its furnace and steam hammer, had turned out hammered blooms for production of high grade iron for use in roof construction of Arsenal shops. In January 1958, the RIA began manufacturing prototype XM7D (T143) model rocket launcher. In January 1957, development work on the Honest John and Little John rocket launchers continued at the RIA.

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# Healthbeat



## **December, Holiday Hours for RIA Health Clinic**

The clinic will close for the holiday **Jan. 1**.

## **Army Medical Releases 'Health of Force' Report Card**

This month, Army Medical Command released the first-ever Health of the Force, or HOF report. The report provides a snapshot of the health of active-duty Soldiers on all major U.S.-based installations in 2014. The report tallied injuries, behavioral health, chronic disease, obesity, tobacco use, sleep disorders, hospital admissions, and other health measures across 30 Army installations. Key Performance Triad measures of sleep, activity and nutrition were also tracked. The result was the creation of an overall installation health index, according to the report. Some of the highlights of the report: • Medical readiness was not achieved by 17 percent of Soldiers. One-third of those not medically ready were Soldiers with overdue dental or medical exams. • Injuries affect nearly 300,000 Soldiers annually. Some individuals experience multiple injuries in a single year, impacting personal readiness and increasing the burden on medical systems. Approximately 1,295 new injuries per 1,000 Soldiers were diagnosed in 2014. • About 15 percent of Soldiers had a diagnosed behavioral health disorder. Among behavioral health diagnoses, adjustment disorder, mood disorders and anxiety disorders were most common. • About 14 percent of Soldiers had one or more diagnosed chronic conditions. Cardiovascular conditions were the most common condition assessed, followed by arthritis, asthma and chronic obstructive pulmonary disease. • Obesity remains a concern for military readiness as 13 percent of Soldiers were classified as obese during Army Physical Fitness Tests. ([More](#))

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# Notes for Veterans



## **VA Plans to Propose Expanded Disability Benefits Eligibility for Veterans Exposed to Contaminated Water at Camp Lejeune**

The Department of Veterans Affairs (VA) announced today that it plans to propose expanded disability compensation eligibility for Veterans exposed to contaminated drinking water while assigned to Marine Corps Base Camp Lejeune. From 1953 to 1987, water sources at the base were contaminated with industrial solvents that are correlated with certain health conditions. Secretary of Veterans Affairs Robert A. McDonald decided to propose presumptions of service connection for certain conditions associated with these chemical solvents following discussions between environmental health experts at the Veterans Health Administration and the Department of Health and Human Services Agency for Toxic Substances and Disease Registry (ATSDR). “The water at Camp Lejeune was a hidden hazard, and it is only years later that we know how dangerous it was,” said Secretary McDonald. “We thank ATSDR for the thorough review that provided much of the evidence we needed to fully compensate Veterans who develop one of the conditions known to be related to exposure to the compounds in the drinking water.” ATSDR determined that the drinking water at Camp Lejeune was contaminated with perchloroethylene, trichloroethylene, vinyl chloride, benzene and other petroleum contaminants from leaking storage tanks from 1953 to 1987. ATSDR

also determined that prolonged exposure to these chemicals increases the risk of certain health conditions. ([More](#))

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## Around the Q.C.



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**Jan. 8-10:** [Bald Eagle Days Environmental Fair and Wild Life Art Show](#) (QCCA, Rock Island)

**Jan. 18-20:** [24<sup>th</sup> Quad Cities Farm Show](#) (QCCA, Rock Island)

**Jan. 23-25:** [Rod and Custom Show](#) (QCCA, Rock Island)

**Feb. 1:** [35<sup>th</sup> Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)

**Feb. 6-8:** [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)

**Feb. 18-21:** [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA, Rock Island)

**Feb. 26-28:** [QCCA RV/Camping Show](#) (QCCA, Rock Island)

**Feb. 27:** [Havana Daydreamn' by the Quad City Parrot Head Club](#) (Waterfront Convention Center, Bettendorf)

**March 6-8:** [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)

**April 1-3:** [QCCA Lawn and Garden Show](#) (QCCA, Rock Island)

**April 11:** [18<sup>th</sup> Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)

**May 10-11:** [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)

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## Island Insight

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**[Col. Elmer Speights, Jr., Garrison Commander](#); [Eric Cramer](#), Public Affairs Officer; [Mark Kane](#), Editor**

*The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); [usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil); Phone: 309-782-1121. [The Island Insight is available on-line.](#)*

